WHAT IS CLAIMED IS:

1. A toner for electrophotography comprising a binder resin, a coloring agent and a release agent,

wherein the toner has a storage modulus G' of 5.0×10^2 to 1.0×10^5 Pa at 180°C and an adhesive force to an aluminum substrate of not more than 50 N/m at 180°C.

2. A toner according to claim 1, wherein a content W of the release agent is 5 to 40% by mass, and a relationship between the release agent content W and the storage modulus G' satisfies $G' \geq 0.875 \times (100-W)/W(\times 10^3$ Pa).

3. A toner according to claim 1, comprising inorganic or organic particles having a particle diameter of 5 to 200 nm in an amount of 1 to 30% by mass.

4. A toner according to claim 1, comprising inorganic particles having a particle diameter of 5 to 200 nm in an amount of 1 to 20% by mass.

5. A toner according to claim 1, having a volume average particle size of 4.0 to 10.0 μm.

6. A toner according to claim 1, wherein the melting point of the release agent is 50 to 150°C.

7. An image-forming method, comprising:

charging a surface of an image-bearing body;

forming an electrostatic latent image according to image information on the charged surface of the image-bearing body;

developing with a toner the electrostatic latent image formed on the surface of the image-bearing body, in order to obtain a toner image;

transferring to a surface of a recording medium the toner image formed on the surface of the image-bearing body, and

fusing the toner image transferred on the surface of the recording medium,

wherein the toner is a toner for electrophotography comprising a binder resin, a coloring agent and a release agent, and the toner has a storage modulus G' of 5.0×10^2 to 1.0×10^5 Pa at 180°C and an adhesive force to an aluminum substrate of not more than 50 N/m at 180°C.

8. A method according to claim 7, wherein a content W of the release agent is 5 to 40% by mass, and a relationship between the release agent content W and the

storage modulus G' satisfies $G' \geq 0.875 \times (100-W)/W(\times 10^3$ Pa).

9. A method according to claim 7, wherein the toner comprises inorganic or organic particles having a particle diameter of 5 to 200 nm in an amount of 1 to 30% by mass.

10. A method according to claim 7, wherein the toner comprises inorganic particles having a particle diameter of 5 to 200 nm in an amount of 1 to 20% by mass.

11. A method according to claim 7, wherein the toner has a volume average particle size of 4.0 to 10.0 μm.

12. A method according to claim 7, wherein the melting point of the release agent in the toner is 50 to 150°C.

13. A method according to claim 7, wherein a heat-fusing roll is used for fusing, and the surface energy of a material on the surface of the heat-fusing roll is in the range of 0.1×10^{-4} to 5.0×10^{-4} J/cm^2.

14. An image-forming apparatus comprising:

means for charging a surface of an image-bearing

body;

means for forming on the charged surface of the image-bearing body an electrostatic latent image corresponding to image information;

means for developing with a toner the electrostatic latent image formed on the surface of the image-bearing body, in order to provide a toner image;

means for transferring the toner image formed on the surface of the image-bearing body to a surface of a recording medium, and

means for fusing the toner image transferred on the surface of the recording medium,

wherein the toner is a toner for electrophotography comprising a binder resin, a coloring agent and a release agent, wherein the toner has a storage modulus G' of 5.0×10^2 to 1.0×10^5 Pa at 180°C and an adhesive force to an aluminum substrate of not more than 50 N/m at 180°C.

15. An apparatus according to claim 14, wherein a content W of the release agent is 5 to 40% by mass, and a relationship between the release agent content W and the storage modulus G' satisfies $G \geq 0.875 \times (100-W)/W(\times 10^3$ Pa).

16. An apparatus according to claim 14, wherein the

toner comprises inorganic or organic particles having a particle diameter of 5 to 200 nm in an amount of 1 to 30% by mass.

17. An apparatus according to claim 14, wherein the toner comprises inorganic particles having a particle diameter of 5 to 200 nm in an amount of 1 to 20% by mass.

18. An apparatus according to claim 14, wherein the toner has a volume average particle size of 4.0 to 10.0 μm.

19. An apparatus according to claim 14, wherein a heat-fusing roll is used for fusing and the surface energy of a material on the surface of the heat-fusing roll is in the range of 0.1×10^{-4} to 5.0×10^{-4} J/cm^2.

20. A toner cartridge detachable from an image-forming apparatus that comprises means for developing, the cartridge containing a toner which is provided to the means for developing,

wherein the toner is a toner for electrophotography comprising a binder resin, a coloring agent and a release agent, and the toner has a storage modulus G' of 5.0×10^2 to 1.0×10^5 Pa at 180°C, and an adhesive force to an aluminum substrate of not more than 50 N/m at 180°C.